

Avon Valley News

May 2018

Issue #198



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This month saw the inaugural Westbury 5k; a new series of races set up by AVR. The first one happened on a very hot Tuesday evening, but was well attended by AVR and some other local clubs too. Thank you to all who were involved in the set up and running of the event.

May also saw 2 of our runners take part in the European Masters Half Marathon Championships and record brilliant times - well done to Clare and Fiona.

AVR also placed 7th out of 313 teams at the Vitality London 10,000!

I know that June is set to be a really busy month again, so if you have any race reports or charity events coming up that you would like to feature, please send them in to news@avonvalleyrunners.org.uk.

Sarah - Editor

NEW WELFARE OFFICER — By Richard Newman

I am pleased to confirm that I have been appointed as one of the clubs Welfare Officers. The female officer is Linda Ladner. Our roles cover the following responsibilities:

- Act as the first point of contact for member/volunteers, where concerns about a person's welfare, poor practice or abuse are identified.
- Implement the organisation's reporting and recording procedures.
- Promote the organisation's best-practice guidance and/or code of conduct within the club.
- Represent welfare on the club's committee.
- Promote anti-discriminatory practice.
- Promote an anti-bullying practice.
- Ensure appropriate confidentiality is maintained.



If you have any concerns then please talk in person to either Linda or myself (In confidence), or email us at welfare@avonvalleyrunners.org.uk

EUROPEAN MASTERS EXPERIENCE – By Clare wood



On Sunday May 20th, Fiona Price and I from Avon Valley Runners, ran as part of the Great Britain European Masters team. We lined up at the start of the European Masters Non Stadia half marathon, in Alicante alongside many other European athletes. Thankfully, the start of the race had been brought forward from 11am to 8.30am, as it was already hot.

There were team and individuals entered from all across Europe, with the home nation Spain fielding a large team, along with the Swiss and Romanians.

Having signed in for the race, and been sent into our pen we lined up amongst the other nations. I have never had a start like it - it was aggressive with elbows coming at you from every angle! Being small, and starting in a mixed pen, often male elbows were at my head height!

It was a fast start, and I had to be disciplined to run my own race and not get carried away. It was a 2 loop course, with the first 4 miles having a steady uphill climb. There were adjudicators on corners to ensure that no short cuts across pavements were taken, and for those that did, their numbers were recorded. After 6 months of training, I was not going to risk getting disqualified by cutting a corner! After climbing to mile 4, there was relief in the fact that there was a steep downhill through the main shopping area of Las Ramblas back down to the main dual carriageway, which ran parallel to the seafront. We had to run out along the dual carriageway for approximately 1 mile, before turning back towards the start/finish, and commencing on the second loop. The dual carriageway section offered no shade, and was extremely hot. There was 1 shower, however tipping a bottle of water over myself was much more effective!

Loop 2 obviously took the same route and elevations as loop 1. By Mile 8 I was definitely feeling the hill and the heat, and had firm words with myself to keep focused and motivated! However, now the fun was beginning, and it was time to start identifying and overtaking other nations, particularly if they were in your age category. The best moment in the race for me was seeing a V45 Spanish lady 200m in front of me on the hot dual carriageway. I decided that she was my target, managed to catch up with her, sat on her shoulder to recover for a few minutes, and then picked up the pace and passed her.



I finished on a PB of 1.37.06, which considering that this was my first international as part of the GB Masters team and the heat, I was pleased with. I finished 16th in my age category, beating the majority of the Spanish FV45, including all 3 of the athletes I had targeted prior to the race.

As a first-timer to the Masters events, I was overwhelmed with the friendliness of the event and the competitors. The Swiss had a huge team and cheered on all of us on with their cow bells on the half marathon, and the Spanish again were shouting encouragement as I ran past.

I have been completely inspired by other athletes of all ages. I got talking to a French race walker, who had won a gold and bronze medal in 2 separate races in the MV60 category. He then told me that he was 82! This has made me realise that even though there are days where I think that I am getting too old to run, there are many other exceptional athletes breaking records much older than me!



Fiona and Clare flying the flag for GB and AVR in Alicante

AVR CLUB CHAMPIONSHIP

AVR LEAGUES 2018

2018 Off Road league races:

<http://www.avonvalleyrunners.org.uk/index.php?page=off-road-race-series-2018>

2018 Road Race league races:

<http://www.avonvalleyrunners.org.uk/index.php?page=road-race-series-2018>

Race #3 - The next race on the AVR and Wiltshire Road Race League calendar is the Chippenham 5 miler happening on Sunday 3rd June.

SUBMITTING YOUR RESULTS

The majority of race times are picked up automatically, but it is always helpful to send them in, especially if you have and course personal bests (CPB) or personal bests (PB). Your mileage that goes into the database help the committee decide who wins the 'How Farr for AVR?' award at the Presentation Evening in the New Year, so it's important that you check that you're up to date. Email your results to results@avonvalleyrunners.org.uk with a link to the official race results page and keep an eye on the AVR results page on the website at <http://www.avonvalleyrunners.org.uk/index.php?page=results>.

MEMBER PROFILE

Not everyone can make it to regular club runs, so the only time some of you spot another AVR member is when you see some familiar club kit at a race. In this section of the newsletter, you will meet a different member of the club each month who would like to share more about themselves with you.

Name: Sarah Nunn

How long have you been with AVR? 18 months

Age category: FV35

5k PB: 26.52

10k PB: 55.55

Half marathon PB: 2.13.23

Marathon PB: Maybe one day....

Favourite race: Bath Half 2017 - it just all came together on the day, I felt great and smashed my PB and target time. The support is great at Bath and you hardly notice there are two laps!

Favourite medal: White Star Running Dark Ox - this was my first White Star event and the medal did not disappoint. It's heavy and has a chain to hang it round your neck.

Most proud running moment: Running every day in January with Lil Morris. We raised £1,500 for the charity MIND and I clocked a monthly record of 125 miles.

Most embarrassing running moment: I don't have an embarrassing running moment although I do find my race photos embarrassing. It's rare I look like I am enjoying myself!

Best piece of running advice: Don't compare yourself to others, although I am often guilty of not taking my own advice.



CYCLING AND RUNNING – By Anna Gardiner, The Treatment Rooms

Cycling has a reputation of being a specialised sport and needing a lot of expensive gear. Many runners see cyclists as a different breed to them (and vice versa!) and cycling not as demanding – cycling is perceived as less effort than running to runners. However there are a lot of benefits of mixing in some cycling with your running programme/diary.

Cross training

Running has a high impact on the body and, over time, can start creating niggles if running more than 3 or 4 times a week and not strengthening the body in some other way. Cycling is low impact but is a moderate intensity aerobic workout, strengthening your heart without putting your muscles under the strain of 2.5 times your body weight when pounding the ground like running does. It can replace a recovery run, thus reducing 'junk' miles and the aforementioned impact. Spinning classes at a gym can actually increase your aerobic fitness and increase muscle strength, replacing a running speed session.



Exercise during injury

Cycling is a great activity to do if nursing a running injury. It keeps your legs ticking over, at least maintaining the condition in them, if not actually strengthening (high intensity cycling is possibly not ideal, speak to your physio or sports massage therapist if unsure). As mentioned previously, it also helps to maintain your aerobic endurance, meaning that you won't lose as much fitness as you would just not running. In fact, cycling is great for active recovery as it flushes blood, and therefore oxygen, around the body, promoting the healing process, getting you back to running more quickly.

Muscle building

Cycling helps to build up muscle more than running. Short, intense sprints or hill work really strengthens the glutes, hamstrings and quads whereas running just uses them. However, if you want to become a stronger runner or cyclist then ideally you need to use the gym or have a strength and conditioning programme you can do at home.

Spinning and Cycling

Cycling generally refers to road cycling and spinning refers to a studio cycling workout. Spinning classes are group workouts on stationary exercise bikes. They are of a high aerobic intensity and are a great workout if you're short on time. Spinning can help strengthen muscles and can be a running speed work replacement. Road cycling is good for building muscle endurance and has the normal benefits of being outdoors and exercising and, often, in company with other people.

For anyone nervous about road cycling, Corsham Cycling Club is an extremely friendly and inclusive club, actively welcoming beginners. For anyone wishing to try spinning classes, Springfield Leisure Centre in Corsham and The Olympiad, Chippenham have a number of classes on a day. Don't be nervous about trying them, everyone is far too busy trying not to have a heart attack to care about what gear you're in or how fast you might not be going!

Anna Gardiner is a Level 5 Sports Massage Therapist and can be contacted for treatments in Corsham and Chippenham. www.thetreatmentrooms.info

VOLUNTEER CO-ORDINATOR'S REPORT – By David Hyde

Firstly thank you to everyone who has volunteered in May including the Family Fun Day at the rugby club, 'Are you faster than a 10 year old?', May 5 x 5 x 5 and the Westbury 5K. It's been a great month and what has been pleasing is the many new faces volunteering for AVR events.

The June events are pretty much covered now, which is really good, and we are moving into a busy July with 3 main events:

1. 5 x 5 x 5 on Thursday 5th July
2. The AVR relay on Saturday 7th July
3. The 3rd Westbury 5K on Tuesday 17th July

I am presently really struggling for volunteers for the AVR relay, which has been such a popular event over the years, and in reality if I can't get enough of you to help the event will be cancelled. Please drop me an email on volunteers@avonvalleyrunners.org.uk if you can help. We need various different roles filled and most importantly is the Race Director/chief timer role. Please get in touch if you can help.

Thanks ahead everyone and please remember that anyone who volunteers can enter Gary's Volunteer's Mile following the AVR 5k on a Tuesday.



If you want to be recognised on the wall of fame, then make sure you send your results, position, time plus a link to your race results to results@avonvallyrunners.org.uk

WALL OF FAME

1 mile

<u>London Vitality Mile</u>	Clare Wood	00:06:19
	Richard Wood	00:06:09

5km

<u>Trowbridge</u>	Helen Donald (CPB)	00:25:41		
	Elliot Firkins (CPB)	00:22:41		
<u>Westbury</u>	Sean Price	00:23:29	Gary Day	00:19:15
	Ethan Bolter	00:20:59	Rich Harding	00:17:45
	Leah Sartain	00:19:23		

5 miles

<u>Compton Bassett</u>	Charlotte Cook	00:46:29
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10km

<u>Bath Two Tunnels</u>	Alexander Faller	01:09:35
	Robert Faller	00:55:02
	Jennifer Marlow	00:48:31
<u>Jack and Jill Challenge</u>	Jo Farion (CPB)	00:56:00
<u>Bristol</u>	Joby Hobbs	00:34:51
<u>Dilton Dash</u>	Philippa Brewer (CPB)	00:48:48
<u>Dauntsey</u>	Leah Sartain	00:40:34
	Rich Harding	00:36:19

7 mile multi-terrain

<u>The Bratton Hilly</u>	David Bagshaw (CPB)	00:55:19
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Half Marathon

<u>European Masters</u>	Clare Wood	01:37:06
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Marathon

<u>Newport Marathon</u>	Gary MacAlister	03:17:10
	Andy Marchant	03:27:13

Southwick parkrun

Kiri Burns (CPB)	00:32:49	Marie Worley (CPB)	00:31:17
Alan Burgess (CPB)	00:20:50	Garay Day (CPB)	00:19:35
Richard Harding (CPB)	00:17:34	Katie Clark (CPB)	00:29:21
Lilou Gagneux (CPB)	00:26:13	Ethan Bolter (CPB)	00:22:47
Mark Edwards (CPB)	00:22:28	Gemma Lawton (CPB)	00:22:08
David Martindale (CPB)	00:21:54	Keith Withers (CPB)	00:25:31
Emily Bailey (CPB)	00:25:29	Zoe Yeomans (CPB)	00:22:26
Leah Sartain (CPB)	00:20:17	Gary Day (CPB)	00:19:16
Joe Milton (CPB)	00:18:28		

Melksham parkrun

Barabara White (CPB)	00:34:37	Adele Cooper (CPB)	00:27:01
Heather Osak (CPB)	00:31:15	Ben MacAlister (CPB)	00:24:37
Sarah Barker (CPB)	00:29:00	Fabrice Gagneux (CPB)	00:23:38
Dale Morgan (CPB)	00:28:40	Nicola Clyde (CPB)	00:33:41
Laura Newman (CPB)	00:28:06	Leah Sartain (CPB)	00:21:06
Richard Morgetroyd (CPB)	00:19:53	Fiona Newman (CPB)	00:27:46
Sharon Firkins (CPB)	00:27:09	Holly Newman (CPB)	00:22:55
Nicola Clyde (CPB)	00:33:29	Peter May (CPB)	00:33:07
Elizabeth Morris (CPB)	00:30:53	Jennifer O'Connor (CPB)	00:25:50
Sean Price (CPB)	00:25:01		

Other parkruns

<u>Rotherham</u>	Michael Guy (CPB)	00:25:26
<u>Exmouth</u>	Andrew Grist (CPB)	00:19:59
<u>Chippenham</u>	Barbara Gerhat (CPB)	00:25:20
	Fabrice Gagneux (CPB)	00:24:46
	David Bagshaw (CPB)	00:21:52
<u>Exeter Riverside</u>	Alan Tate (CPB)	00:22:18
<u>Salisbury</u>	Philippa Brewer (CPB)	00:20:33
<u>Weymouth</u>	Chris Suter (CPB)	00:18:16
<u>Fountains Abbey</u>	Andrew Sharratt (CPB)	00:23:04
<u>Minehead</u>	Gary MacAlister (CPB)	00:18:41
<u>Bath Skyline</u>	Linda Unsworth (CPB)	00:30:38
	Leslie Unsworth (CPB)	00:23:54

AVON VALLEY TRIATHLETES



AVT

AQUATHLON

21st July 2018

Registration 1200 – 1230

Bradford on Avon swimming pool

Swim starts from 1pm



**This event will also count towards the
2018 AVT league**

Adults event - 17 +

400m swim - 5k multi terrain run £4

Junior event -11-16yrs

200m swim – 2k run £2

Payments to be made direct to the AVR account

Sort code: 40-44-33

Account Number: 11674455

Reference needs to be AVT and your name

Please also email Jay Sims -

avt@avonvalleyrunner.org.uk

Confirming payment, Name, DOB, ICE and
estimated swim time

(Relay option available)

Payments on the day Adults £5 and Children £3 subject to
availability

(Costs to cover facility hire)





JAVR News

Meet the Captains: Ethan Bolter

Hi everyone, I'm Ethan Bolter. I am currently the JAVR boys captain. I'm 14 years old and have been running with AVR for 3 years now. My favourite distance is 1500m, however I do run up to 5k and sometimes longer. I enjoy competing in cross country events and love track running too. I'm always at Bath Uni on a Wednesday and Trowbridge on a Monday. My goal this year is to get a sub 20 5k. I'm currently doing DofE and pacing most weekends at Southwick parkrun. Shout if you want me to pace you! Ethan



Southwick 2K— May 2018



There were some great runs at the JAVR 2k this month, with the club taking the first three places in the boys' race (Max Hopcraft B13 6:49, Lewis Green B11 7:31 and Dan Wood B13 7:46). Lottie Brown (G11) won the girls race in a PB of 7:56, while Imogen Grey (G11) took 2nd in a PB of 8:02. There were PBs for Tom Farrel (8:31), Harry Jerram (8:54), Lilou Gagneux (9:28), Louise Wood in 10:07 and Lottie Jerram in 10:59

Vitality London British Mile Road Race Champs

Several JAVR athletes travelled to London on Sunday 27th May to compete in the Vitality Mile Races. On an extremely hot day, Louise and Dan Wood both achieved PBs in the morning in the family run. In the British Junior Mile Road Race Champs in the afternoon, Orli Cranston was placed 24th U15 girl in a time of 5:43. In the U15 boys, Tom Markey finished 98th in 5 mins 23.

In the U13 boys category Joe Markey finished 23rd in a time of 5:35, Elliot Firkins was 41st in a time of 6:03, and Malin Cranston was 48th in a time of 6:29. This was a really fun event to be involved in, and it would be great to get even more JAVR runners there next year. Of course, the highlight for most was meeting the amazing Mo Farah!!!



County Track and Field Champs (Wiltshire and Avon)

JAVR athletes were out in force at the recent county track and field championships. Max Davies won the U20 mens 3000m race at the Avon champs in a new championship record of 9:00:22. He now holds both the U17 and U20 championship records at 3000m!

In the Wiltshire champs, Lewis Green took silver in the U13 boys 1500 race in a time of 5mins 24. Dylan Neale was 9th in the U13 boys 800m in a time of 2:57. Louise Wood was also 9th in the U13 girls event in a time of 3m 18.

In the U15 girls 1500m, Freya Buglass also took silver, this time with a PB of 4mins 53, while Orli Cranston finished 4th with a PB of 5:07. Joe Milton was 4th in the U15 boys 300m in a time of 44:41, and took bronze in the 300m in a time of 10:14:06. Dan Wood ran 2:31 in the U15 boys 800m to finish 8th, with Elliot Firkins finishing 10th in 2:34

Josh Thorne and Owen Lythell both competed in the U17 boys category; Josh taking a bronze in the 800m in a time of 2:32, with Owen finishing 4th in the 1500m in 4:51.



Forthcoming Events:

Chippenham Harriers Fun Run: Sunday 3rd June

AVR 5x5x5: Thursday 7th June—Steeple Ashton

Lacock Road Race 1K: Sunday 10th June

Junior Avon Valley Runners 2k - Southwick - Saturday 30th June

AVR 5x5x5 Race 4 - Steeple Ashton - Thursday 5th July

AVR Relay - BOA Rugby Club - Saturday 7th July

Frome 5k & 1k - Frome - Sunday 15th July

AVR Track Championships - Bath Track - Wednesday 18th July

JAVR 2k & Dash - Southwick Country Park, Southwick - Saturday 28th July